

## Full Report (All Nutrients) 09259, Pears, dried, sulfured, uncooked

Report Date: June 30, 2017 20:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 180g	1 half 18g	10.0 halves 175g
<b>Proximates</b>							
Water	g	26.69	21	0.367	48.04	4.80	46.71
Energy	kcal	262	--	--	472	47	458
Energy	kJ	1096	--	--	1973	197	1918
Protein	g	1.87	19	0.056	3.37	0.34	3.27
Total lipid (fat)	g	0.63	19	0.027	1.13	0.11	1.10
Ash	g	1.11	19	0.039	2.00	0.20	1.94
Carbohydrate, by difference	g	69.70	--	--	125.46	12.55	121.97
Fiber, total dietary	g	7.5	--	--	13.5	1.4	13.1
Sugars, total	g	62.20	--	--	111.96	11.20	108.85
<b>Minerals</b>							
Calcium, Ca	mg	34	19	1.069	61	6	60
Iron, Fe	mg	2.10	19	0.089	3.78	0.38	3.67
Magnesium, Mg	mg	33	19	0.590	59	6	58
Phosphorus, P	mg	59	19	1.251	106	11	103
Potassium, K	mg	533	21	16.424	959	96	933
Sodium, Na	mg	6	21	0.330	11	1	10
Zinc, Zn	mg	0.39	19	0.010	0.70	0.07	0.68
Copper, Cu	mg	0.371	19	0.011	0.668	0.067	0.649
Manganese, Mn	mg	0.327	3	0.038	0.589	0.059	0.572
Selenium, Se	µg	0.2	--	--	0.4	0.0	0.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	7.0	--	--	12.6	1.3	12.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 180g	1 half 18g	10.0 halves 175g
Thiamin	mg	0.008	16	0.000	0.014	0.001	0.014
Riboflavin	mg	0.145	16	0.007	0.261	0.026	0.254
Niacin	mg	1.372	16	0.086	2.470	0.247	2.401
Pantothenic acid	mg	0.153	--	--	0.275	0.028	0.268
Vitamin B-6	mg	0.072	--	--	0.130	0.013	0.126
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	23.0	--	--	41.4	4.1	40.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	15	0.166	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	2	--	--	4	0	4
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	3	15	3.314	5	1	5
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	50	--	--	90	9	88
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.06	1	--	0.11	0.01	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	0.00	0.00	0.00
Tocopherol, gamma <sup>1</sup>	mg	0.04	1	--	0.07	0.01	0.07
Tocopherol, delta <sup>1</sup>	mg	0.04	1	--	0.07	0.01	0.07
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	20.4	--	--	36.7	3.7	35.7
<b>Lipids</b>							
Fatty acids, total saturated	g	0.035	--	--	0.063	0.006	0.061
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 180g	1 half 18g	10.0 halves 175g
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.027	--	--	0.049	0.005	0.047
18:0	g	0.004	--	--	0.007	0.001	0.007
Fatty acids, total monounsaturated	g	0.132	--	--	0.238	0.024	0.231
16:1 undifferentiated	g	0.003	--	--	0.005	0.001	0.005
18:1 undifferentiated	g	0.128	--	--	0.230	0.023	0.224
20:1	g	0.002	--	--	0.004	0.000	0.004
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.148	--	--	0.266	0.027	0.259
18:2 undifferentiated	g	0.146	--	--	0.263	0.026	0.255
18:3 undifferentiated	g	0.002	--	--	0.004	0.000	0.004
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Threonine	g	0.049	--	--	0.088	0.009	0.086
Isoleucine	g	0.054	--	--	0.097	0.010	0.094
Leucine	g	0.094	--	--	0.169	0.017	0.164
Lysine	g	0.066	--	--	0.119	0.012	0.116
Methionine	g	0.022	--	--	0.040	0.004	0.038
Cystine	g	0.018	--	--	0.032	0.003	0.032
Phenylalanine	g	0.049	--	--	0.088	0.009	0.086
Tyrosine	g	0.016	--	--	0.029	0.003	0.028
Valine	g	0.066	--	--	0.119	0.012	0.116
Arginine	g	0.032	--	--	0.058	0.006	0.056
Histidine	g	0.020	--	--	0.036	0.004	0.035
Alanine	g	0.062	--	--	0.112	0.011	0.108
Aspartic acid	g	0.368	--	--	0.662	0.066	0.644

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 180g	1 half 18g	10.0 halves 175g
Glutamic acid	g	0.135	--	--	0.243	0.024	0.236
Glycine	g	0.054	--	--	0.097	0.010	0.094
Proline	g	0.051	--	--	0.092	0.009	0.089
Serine	g	0.067	--	--	0.121	0.012	0.117
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD